

Chatter

UCare

April – June 2015

950 Nicollet Mall, Suite 290 Mpls 55403

Skyway Senior Center

612-370-3869 Mon-Fri 9 a.m.-3 p.m.

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HOW YOU CAN HELP THE UCARE SKYWAY SENIOR CENTER

- If you would prefer to receive The Chatter via e-mail, you can save us the cost of postage. Email skywaycenter@minneapolismn.gov with your name, address and email address and we will add you to our e-newsletter list.
- Volunteer to serve on the Friends Board or the Advisory Committee (see page 5 for more information.)
- Donate an item requested from our “Wish List” (page 5)
- Make a financial donation to the Friends of the Skyway Senior Center which helps pay for parties, programs and supplies. See cut-out form below.

Please submit any suggestions or comments about the UCare Skyway Senior Center:

- In our suggestion box at the UCare Skyway Senior Center
- By phone at 612-370-3869
- E-mail at skywaycenter@minneapolismn.gov
- Twitter: @skywaycenter
- Facebook: <https://www.facebook.com/pages/UCare-Skyway-Senior-Center/539294026093788>

Thank you for supporting the UCare Skyway Senior Center.

Please accept my donation to support the Skyway Senior Center

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 Other \$ _____

Enclosed is my tax-deductible gift payable to:
Friends of the Skyway Senior Center.

950 Nicollet Mall, Suite 290 – Minneapolis, MN 55403

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

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Minneapolis, MN



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Artists of the Month

Meet the artists and join us for a close-up chat with these creative minds.

April

A.K. Dayton

I am a painter and photographer. I recently left my career of thirty years to pursue my artistic vision. My work is grounded in the natural landscapes of the midwest, in particular those of Minnesota and Kansas. My photographs include realistic, impressionist, and abstract renderings of the natural world. They often become the underlying inspiration for my paintings and mixed media works, but I do not try to recreate what the camera sees-- instead, my paintings comprise gestural representations of these photographic memories. My current work focuses primarily on the landscapes of northern Minnesota and central Kansas as they change through the seasons. I am currently studying with Hazel Belvo, <http://grandmaraisartcolony.org/instructor.cfm?iid=15> in a private mentorship.

Artist Reception - T

April 7

1:30

Free

May

Sonja Hutchinson

Sonja's paintings started as a counterbalance to her high stress, analytical work life. In her first year of retirement, they have since become her art work. She is inspired to capture the essence of people, places and things in each painting. Experimenting with the use of resist in an unconventional manner, she creates tension in her paintings, building upon emergent images throughout the process. This often leads to the development of characters that resonate from a lifetime of friendships, connections and discoveries. Sonja has studied primarily with local and national watercolor artists in workshops and classes. She has shown her work and earned awards through the Minnesota Watercolor Society, the Savage Arts Council, the Minnesota Artists Association, the State Fair and the Arts in Harmony Exhibition in Sherburne County.

Artist Reception - T

May 5

1:30

Free

June

Robert Jeffery

I received my BA from Loras College in Dubuque, Iowa in 1969 where I studied watercolor under Father John Sullivan and acrylic and oil painting under James McDermott. However, my first love has always been watercolor, and I continued to pursue my passion, as time permitted, throughout my working career as an art director, illustrator and computer graphic studio owner. My subject matter and style of painting reflect both my childhood growing up on a farm in southern Wisconsin and European travels over 30 years. I include detailed architectural and historical references reflecting the ingenuity, passion and creativity of artisans who have preceded us. I am a member of the MN Watercolor Society, National Watercolor Society and the Transparent Watercolor Society and have exhibited in many Local, National and International competitions where I have received numerous awards.

Artist Reception - T

June. 2

1:30

Free

Artist's works are for sale. Please inquire at the center if interested.

Interested in Showing Your Art?

We are always looking for artists and all mediums to feature at our center. You just have to be able to hang it! Please contact USSC at 612-370-3869 and ask for Sara, or email skywaycenter@minneapolismn.gov for more information.



Minneapolis Community Education Trips & Social Outings



Annie at the Orpheum Theatre

The timeless story and the classic characters featuring the beloved book and score, *Annie*, includes such unforgettable songs as "It's the Hard Knock Life," "Easy Street," "I Don't Need Anything But You," plus the eternal anthem of optimism, "Tomorrow." Seats are toward the back on the main floor. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday, April 5 1:00-3:30 pm \$32

Jersey Boys at the Orpheum Theatre

This is the story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! *Jersey Boys* features their hit songs "Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You." Seats are toward the back on the main floor. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Sunday, May 3 1:00-3:30 pm \$ 47

Juno and the Paycock at the Guthrie Theater

This is an epic tale of one family's survival in Dublin following the Irish Civil War. Jack Boyle is out of work and determined to stay that way. He and his sidekick Joxer spend their time drinking and playing cards while Juno, the matriarch, attempts to keep their family together. When the family learns of an inheritance from a distant relative, the money is spent before it even arrives. But will they transcend the events that conspire to keep them in their place? Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

Wednesday, June 3 1:00-3:30 pm \$23

Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Boston Red Sox. Seats are reserved in the Powerball Pavillion area with few stairs. Target Field offers plenty of concessions or you can bring your own food in a soft-sided container that will fit under the seat. Sealed, bottled water, 32 oz. or less is also permitted. Tickets will be mailed to you. Transportation to the ballpark is on your own. Dress for the weather. Enter through Gate 34 at Target Field.

Wednesday, May 27 12:10 pm \$23

Red Wing River Cruise

Enjoy a summer day in beautiful Red Wing, located in one of the most scenic and historic areas of Minnesota. Take a coffee break and then tour the area by bus with a knowledgeable guide who will point out area attractions. Next, board the Spirit of the Water for a narrated lunch cruise on the river. A fabulous buffet will be enjoyed by all. Price includes coach bus transportation, coffee break, guided city tour, lunch cruise, tax and gratuity.

Tuesday, June 23 7:45 am-4:30 pm \$62

Minneapolis Southside Singers

If you are over 55 and like to sing, you are invited to join this chorus, which has more than 50 members. Their repertoire includes music from the '30s and '40s, patriotic music, show tunes, spirituals, dance numbers and vaudeville-style skits. New members are always welcome. This activity is funded, in part, by the Minnesota Arts and Cultural Heritage Fund as appropriated by the MN State Legislature. For more information, call 612-729-4984. Rehearsals are at Trinity Lutheran Church of Minnehaha Falls, 5212 - 41st Ave. S.

Mondays Ongoing 1:00-3:00 pm \$20 per year

MAIL PAYMENT TO NEW ADDRESS:

Please Contact Minneapolis Community Education to Register for trips listed

Call: 612-668-4828 – or send your payment to –
Patty Hastreiter, Roosevelt Community Education
4029-28th Ave. So., Minneapolis, MN 55406

Pickup Points for Trips

Dowling School, 3900 W. River Parkway
Hawthorne Transit Station, 31 North 9th St.
Northeast Middle School, 2955 Hayes St. NE
Olson Middle School, 1607 – 51st Avenue North
Parker Skyview Highrise, 1815 Central Avenue NE
Windom School, 5821 Wentworth Avenue South

GOOD TO KNOW - YOU WANT TO KNOW

Advisory Committee & Friends Board

If you are interested in shaping the future of the UCare Skyway Senior Center, considering volunteering to serve on the Advisory Committee or the Friends of the Skyway Senior Center Board. The Advisory Committee make programming & policy recommendations for the Center and the Friends Board raises funds, sponsors activities, parties and pays for some supplies for the Center. For more information call Sara at 612-370-3869.

Meals on Wheels Program Needs You

Community Emergency Service provides meals to people who are unable to shop and prepare adequate meals for themselves on a regular basis. If you or someone you know would like to help and can volunteer to drive one day a month, please contact Melanie LaPointe at 612-870-1125 x128. Meal delivery takes about an hour and the show of appreciation by our clients is priceless. <http://www.cesmn.org>

Upcoming Events

Twin City Pride Festival

The Twin City Pride Festival takes place in Loring Park June 27 & 28, 2015.

Events include a 5K race, parade and Festival in Loring Park. For more information visit www.tcpride.org

Great Decisions Foreign Policy Discussions

The UCare Skyway Senior Center, in conjunction with Minneapolis Community Education, is hosting Great Decisions Foreign Policy Discussions in May & early June. Check out our calendar for more information. Participants must register with Minneapolis Community Education at 612-668-4828.

Older Americans Month Party

Please join us for our annual Older American's Month Party on Tuesday, May 12
11-1 p.m. A light lunch will be served.

UCare Skyway Senior Center Wish List

- Nintendo Wii & few easy games (bowling, tennis etc.)
 - Puzzles (over 500 pieces)
 - Volunteers to teach or lead a craft class
 - Current magazines
- *We are no longer accepting VHS tapes for donation*

At the Movies with "Downtown Tom"



FREE POPCORN!



Sponsored by TCF National Bank – Skyway Branch

Viewing is limited to 25. Seating is first come, first served - no reservations. All movies start at noon.

Saving Mr. Banks – 2013- PG-13 - 125 min

When Walt Disney sets his sights on obtaining the rights to the children's classic "Mary Poppins," he reaches out to the book's author, P.L. Travers, only to find that she proves a tough nut to crack. (Drama)

F Apr 3 12:00 Free

On the Town -1949 - NR 98 min

New York, New York, it's a helluva town! Especially if you are sailors Gene Kelly, Frank Sinatra and Jules Munshin, on leave and ready for fun in New York City in this Oscar-winning musical comedy. But they only have 24 hours in the Big Apple. Gabey (Kelly), Chip (Sinatra) and Ozzie (Munshin) each find romance quickly, and they're going to live every second to the hilt. (Musical)

F Apr 10 12:00 Free

Dark Passage – 1947- NR -106 min

Humphrey Bogart and Lauren Bacall grace the screen in this classic 1947 thriller about a convict who escapes from San Quentin to hunt down his wife's true killer. To complete his mission, he must escape detection by the cops. So he undergoes plastic surgery and hides out in the home of a mysterious woman (Bacall) he's just met. (Drama)

F Apr 17 12:00 Free

World's Greatest Dad - 2009 - R - 99 min

When his son's body is found in a humiliating accident, a lonely high school teacher inadvertently attracts an overwhelming amount of community and media attention after covering up the truth with a phony suicide note. (Comedy/Drama)

F Apr 24 12:00 Free

Lust for Gold – 1949 - NR - 89 min

The grandson of Jacob "Dutch" Waltz (Glenn Ford), the man who discovered the "Lost Dutchman" mine, sets out to relocate the repository of a reputed \$20 million in gold. The story travels back in time and follows Dutch during his initial exploration when he hooks up with a seductress (Ida Lupino) who may just be after the man's gold. Young.(Classic/Adventure)

F May 1 12:00 Free

The Railway Man – 2014-R - 118 min

Decades after his brutal captivity under the Japanese during World War II, Eric Lomax still has nightmares about the ordeal. But when he unexpectedly meets and falls for Patti, a bizarre coincidence brings his past back into focus. (Drama)

F May 8 12:00 Free

The Lady Eve - 1941 - NR -93 min

Seductive gold-digger Barbara Stanwyck and her conniving father (Charles Coburn) set out to fleece wealthy but naïve snake doctor Henry Fonda, the socially inept heir to a brewery fortune. But the tables turn when Stanwyck falls for her prey and Fonda gets wise to their scheme. (Classic/Comedy)

F May 15 12:00 Free

The War of the Worlds - 1953 - NR - 85 min

When a scorching meteor-like object crashes to Earth, a scientist waits three ill-fated days for the object -- a spaceship filled with Martians -- to cool. Meanwhile, the extraterrestrials continue their invasion of the planet.

F May 22 12:00 Free

Nebraska - 2013 - R - 115 min

When a cantankerous old boozier thinks he's won a magazine sweepstakes prize, his son reluctantly takes a road trip with him to claim the fortune. As they drive from Montana to Nebraska, they visit friends and relatives to whom the dad owes money. (Drama)

F May 29 12:00 Free

And So It Goes - 2014 - PG-13 -94 min

When he's obliged to take over the care of a previously unknown granddaughter, wealthy and self-absorbed Oren is suddenly in need of major help. His neighbor Leah comes to the rescue -- not only bailing out Oren but also capturing his heart. (Drama)

F June 5 12:00 Free

The Hundred-Foot Journey - 2014 - PG -122 min

Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries. (Drama)

F June 12 12:00 Free

Nightmare Alley – 1947 – NR – 110 min

Always looking for his next big chance, ambitious carnival barker Stan Carlisle (Tyrone Power) moves in on Zeena (Joan Blondell), the widow of the carnival's mentalist. After Zeena teaches Stan every mind-reading trick she knows, he marries another beautiful performer (Coleen Gray) who becomes his nightclub act partner. But Stan's new wife isn't prepared for her husband's callous plan to con a millionaire by conjuring up the man's dead daughter. (Drama)

F June 19 12:00 Free

A Single Man - 2009 - R - 99 min

Set in 1962 Los Angeles, this stream-of-consciousness drama centers on a day in the life of George Falconer, a gay college professor who plans to commit suicide in the wake of his longtime lover's recent death.

F June 26 12:00 Free

Viewing is limited to 25. Seating is first come, first served - no reservations. All movies start at noon.

ONGOING ACTIVITIES

Exercise Class Policy

- Punch cards are required for exercise classes and may be purchased at the reception desk.
- Punch cards cost \$10 for 5 individual classes. Each class you attend, you will need to present your "punch card" to the instructor to be initialed.
- If paying by check, please make check payable to "Mpls. Finance Department."
- If paying with cash, you must have exact change. We are not able to make change.
- You can go to as many or as few classes as you wish because the paid cards don't expire.
- There are NO refunds on cards purchased so please don't lose your card. You are responsible for your card.

Exercise Classes

Fitness Mix

Improve your stability, bone density, endurance, coordination and mental sharpness. Exercises focus on stretching, flexibility, balance, low impact aerobics and strength training. Come for the exercise, stay for the community! (Note: May 24 class will end at 10:45)

M & W Apr. 6 – June 29 10:00– 11:00

Chair Yoga & Balance Class

Sometimes as we age we lose our sense of balance which makes us more prone to falls. To stay active and enjoy life it is critical to do exercise that improves your balance, flexibility and strength.

Chair Yoga & Balance Class benefits:

- Improves General Fitness & Well-being
- Releases Stress
- Helps Prevent Falls
- Group Exercise is more Fun than Exercising Alone

Chair Yoga & Balance Class will help you stay active and independent for life. It is the best "health insurance" for keeping yourself healthy. (Note: No class Tuesday, May 12)

T April 7 – June 30 11:00 – 12:00

Yoga Stretch

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. (NOTE: Class on the 3rd Thursday of the month will be 30 minutes)



Th April 2 – June 25 10:00 – 10:45

Mat Yoga

This class is a gentle mat yoga class, with standing and floor poses, and lots of stretching. It will be appropriate for people who are comfortable moving between standing and lying down positions. This class is 45 minutes long.

(NOTE: No class on 4/16, 5/21, 5/28 & 6/18)

Th April 2 – June 25 11:00 – 11:45

Walking Club

Walking Club is a fun, free workout. Everyone is welcome to join! Participants meet at the Center and head out for a healthy walk thru the downtown skyways and when weather permits, outdoors. Wear comfortable clothes and shoes. Now on Fridays!

Every Friday 10:00 – 11:00 a.m. Free

I Can Eat Sensibly (I.C.E.S.)

Are you eating sensibly? What's your healthy eating and exercise plan? Come and see what everyone is talking about. I.C.E.S. is a great way to stay on course with your healthy lifestyle or learn how to get started. Share and connect with others who have goals to stay healthy and active and nutritionally sound. I.C.E.S. is a group that meets once a month to support each other, share recipes and exercise articles, and exchange health information. Feel free to bring your lunch or a healthy snack to share.

Join us the second Monday of every month.

M Apr. 13, May 11 & June 8 11:00-12:30 Free

Foot Care Clinic

Comprehensive foot care, including a foot soak. The cost is \$25 payable to nurse. *Note: if you make an appointment and don't call 24 hours in advance to cancel, you will be charged for the appointment. Call the Center at 612-370-3869 to sign up – the clinics are popular and fill up fast. Offered every other month. You must bring your own towel.

Th May 28 11:00-3:00 \$25

Computer Tutor

Schedule your own private computer tutor appointment at the Center. What do you need to learn? Turning on the computer, e-mailing photos, getting your first e-mail account, how to "google" information? All skill levels welcome. Call to schedule your free one-on-one session. Schedule dependent upon volunteer availability. Call 612-370-3869 to schedule an appointment.

Sew Lovely

Open to everyone – The classroom will be open to participate in a variety of activities including: knitting, sewing, games or arts & crafts. Bring your project to class and enjoy the company of friends. Sew Lovely is the second Thursday of every month at 1:00.

Th Apr. 9, May 14 & June 11 1:00-2:30 Free

Birthdays of the Month

Celebrate your birthday, your friend's birthday, or just wish a stranger a Happy Birthday the first Tuesday of every month at 12:30. Enjoy birthday cake compliments of the UCare Skyway Senior Center.

T Apr. 7, May 5 & June 2 12:30 Free

Bundles of Love

Bundles of Love is a MN all-volunteer non-profit organization dedicated to helping infants & their families. This fun volunteer group meets monthly to prepare essential clothing & blankets for these infants. There is no sewing or knitting required. Help newborns in need by preparing fabric for blankets and other items. Bundles of Love is looking for new volunteers. If you are interested, please stop in and join the effort! Bundles of Love meets the second Wednesday of every month at 12:30 (except in May, when they will meet on Tuesday, May 19.)

Wed., Apr. 8; Tue., May 19; & Wed., June 10
12:30 Free

Book Club

Meets on the 3rd Thursday of every month. Everyone is welcome and encouraged to participate.

April Book – The Soloist by Steve Lopez

The true story of journalist Steve Lopez's discovery of Nathaniel Ayers, a former classical bass student at Julliard, playing his heart out on a two-string violin on Los Angeles' Skid Row. Deeply affected by the beauty of Ayers music, Lopez took it upon himself to change the prodigy's life-only to find that their relationship would have a profound change on his own life.

Th April 16 10:30-11:30 Free

May Book – The World's Strongest Librarian by Josh Hanagarne

Josh Hanagarne couldn't be invisible if he tried. Although he wouldn't officially be diagnosed with Tourette Syndrome until his freshman year of high school, Josh was six years old and onstage in a school Thanksgiving play when he first began exhibiting symptoms. By the time he was twenty, the young Mormon had reached his towering adult height of 6'7" when—while serving on a mission for the Church of Latter Day Saints—his Tourette's tics escalated to nightmarish levels.

Th May 14 10:30-11:30 Free

June Book – Moo by Jane Smiley

The hallowed halls of Moo University, a Midwestern agricultural institution (aka "cow college"), are rife with devious plots, mischievous intrigue, lusty liaisons, and academic one-upsmanship. In this wonderfully written and masterfully plotted novel, Jane Smiley, the prizewinning author of *A Thousand Acres*, offers a wickedly funny, darkly poignant comedy.

Th	June 18	10:30-11:30	Free
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*The Lunch Bunch

Join friends and meet new ones. Everyone is welcome to participate but please register by the Tuesday before the lunch so we can give the restaurant an accurate count. If you do not register by Tuesday noon, you may not be able to sit with the group. Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Everyone is responsible for paying their own check. Lunch Bunch meets the 4th Thursday of the month.

Th	Apr. 23	Brasserie Zentral	
		505 S Marquette	11:30
Th	May 28	FireLake Grill	
		31 South 7th Street	11:30
Th	June 25	Ling & Louis	
		901 Nicollet Mall	11:30

Jazz Appreciation

Once a month, Jazz Appreciation meets to watch a jazz documentary or concert video. The group collaborates to decide which jazz artists to feature and to talk about jazz. Everyone is welcome. Jazz Appreciation meets the second Tuesday of every month at 1:00 p.m. There will be no Jazz Appreciation in May.

T	Apr. 14	Charles Mingus	1:00-2:30	Free
	June 9	Bill Evans	1:00-2:30	Free

Advocate & Resources

One-on-one appointments available. Our advocate can assist you with issues of housing, independent living, personal safety, in-home visits, home repairs, property assessments, filling out paperwork, qualifying for military benefits and many other needs. Call 612-370-3869 to schedule your one-on-one appointment. The advocate is here the 3rd Thursday of every month.

Th	Apr. 16, May 21 & June 18	1:00-2:30	Free
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Catching Up on Current Events

Did you catch the news last night? Read the paper this morning? Do you enjoy discussions about important issues? The Current Events Discussion Group meets every Monday to discuss today's top local, national and international issues. Bring information, articles or topic ideas. Share your opinion, do some research & learn from others. This is a great way to engage and connect. Meets every Monday.

M	Apr. 6 – June 29	1:00-2:30	Free
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Ask the Pharmacist

The UCare Pharmacist will be available for private one-on-one appointments to answer your questions about Medicare Part D, the donut hole, medication review, questions about medicine interactions, vitamins and other over-the-counter medication questions. First come first serve so ask the receptionist for your number for a 10-15 minute consult. (Note: The pharmacist comes to the center every other month.)

Tue.,	May 26	1:00-2:30	Free
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APRIL ACTIVITIES

* Hearing Screening

Learn more about your hearing health by making a 20-30 minute appointment for:

- hearing screening
- hearing aid cleaning
- ear check for wax
- consultation



Limited space available – Must pre-register at 612-370-3869

W	April 1	12:30-2:30	Free
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* HOME Program of Senior Community Services

Senior Community Services is a nonprofit organization with five programs serving seniors and caregivers in Hennepin County. The HOME (Household and Outside Maintenance for Elderly) program provides affordable home maintenance and chore services to help seniors continue to live independently in their own homes or apartments. SCS – HOME assists residents ages 60 and older in 28 Hennepin County suburban communities and most of Minneapolis. For a limited time, we are also offering free home safety checks. Learn about their services at this free presentation.

W	April 15	1:00-2:00	Free
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Pre-registration encouraged for classes marked with an asterisk (*)

Please call 612-370-3869 to register.

If a class gets cancelled, you will receive a call if pre-registered.

You are still welcome and encouraged to drop-in to any class if there is a space available.

* Senior Housing Options

Older adults can make successful moves from their own home to a senior community. While the mere thought of a move can be overwhelming, many know that it may be for the best. Whether you are alone in the world, have a limited budget, or simply don't know what level of care is right for you, come and listen – learning is free! Aimee Robertson from Augustana will present helpful tips, trusted resources and will answer your questions about senior housing.

T April 21 1:00-2:00 Free

Documentary: "Man on a Wire" – 2008 – 94min

Philippe Petit captured the world's attention in 1974 when he walked across a high wire between New York's Twin Towers. This Oscar winner for Best Documentary explores the preparations that went into the stunt as well as the event and its aftermath.

W April 22 1:00-2:30 Free

* Preventing Falls at Home: Simple Steps to Keep You Safe

Presented by Trauma Services of Fairview Southdale and the University of Minnesota Medical Center. Nurses will lead a discussion on how to prevent falls at home and review the simple steps to stay safe. Topics include: Prevalence of falls with review of stats; review of home/environment safety checklist; asking for what you need; assertiveness versus aggressiveness; talking with your doctor; medications and side effects that can cause falls; assistive devices alcohol use; exercises; resources for seniors.

T April 28 1:00-2:30 Free

* Bingo: Sponsored by Walgreens

Join the staff from our local Walgreens on the Nicollet Mall who will be hosting Bingo at center. Prizes and refreshments provided by Walgreens. Limited number of seats – sign up soon.

W April 29 1:00-2:00 Free

MAY ACTIVITIES

* Hearing Screenings

Learn more about your hearing health by making a 20-30 minute appointment for:

- hearing screening
- hearing aid cleaning
- ear check for wax
- consultation



Limited space available – Must pre-register at 612-370-3869

W May 6 12:30-2:30 Free

Older Americans Month Celebration

May is Older Americans Month. Join us for our annual celebration sponsored by UCare. Food, fun and refreshments will be provided.

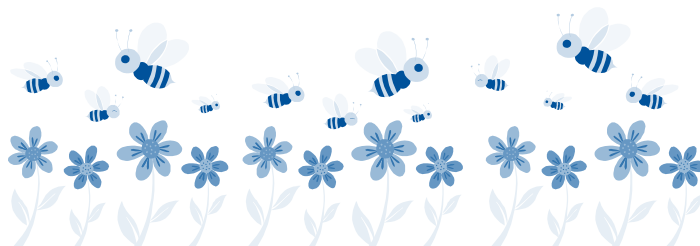


T May 12 11:00-1:00 Free

* Great Decisions: U.S. Policy Towards Africa with Tom Gitaa

Africa is in the midst of an unprecedented transformation. The continent is home to some of the fastest growing economies in the world, and it's become a draw for foreign investors from across the globe. After the "Obamamania" of 2008 died down, though, the realization that Obama wasn't going to overturn, or even prioritize, U.S. Africa policy kicked in. Still, the U.S. has promised to promote "strong institutions, not strong men," and to favor good governance and healthy economies over profit. How can U.S. policy live up to its promise and values while securing its interests in the region? Limited space - Must call Minneapolis Community Education to register at 612-668-4828.

W May 13 1:00-2:00 Free



* Great Decisions: Brazil's Metamorphosis with Robert Scarlett

Brazil— it's the "B" in the acronym BRICS, five emerging economies once seen as soon-to-be super-powers. After economic troubles in the 1990s, Brazil has risen to new global prominence — it's drawing in more investment, working on global issues ranging from climate change to peacekeeping, and even hosting the 2016 Olympics. But some of Brazil's trickiest problems — deep divisions over how to tackle serious income inequality, weak civic institutions and poor regional leadership — have held it back. Limited space - Must call Minneapolis Community Education to register at 612-668-4828.

W May 20 1:00-2:30 Free

* Great Decisions: Russia & the Near Abroad with Todd Lefko

As calls for closer ties with the EU failed to be met, Ukrainians took to the streets in November 2013. As the movement later known as the Euromaidan, or "Euro Square," pulled western Ukraine closer to its European neighbors, another powerful force threatened to tear away the country's eastern half: Russia. Putin's pushback against European expansionism has the West wondering: If Putin's Russia isn't afraid to take an aggressive stance against Europeanization in Ukraine, what does that mean for the rest of Russia's neighbors? Limited space - Must call Minneapolis Community Education to register at 612-668-4828.

W May 27 1:00-2:30 Free

JUNE ACTIVITIES

* Great Decisions: Sectarianism in the Middle East with Gary Prevost

Many of the current conflicts in the Middle East have been attributed to sectarianism, a politicization of ethnic and religious identity. From the crisis in Iraq and Syria to the tension between Iran and Saudi Arabia, the struggle between Sunni and Shi'i groups for dominance is tearing apart the region and shows no signs of abating. But for all the religious discourse permeating the conflict, much of its roots are political, not religious. How does sectarianism fit into a larger narrative of the Middle East? How have governments manipulated sectarian differences? And finally, what is the U.S. doing about it? Limited space - Must call Minneapolis Community Education to register at 612-668-4828.

W June 3 1:00-2:30 Free

* Alzheimer's: The Basics & Beyond

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Discover the symptoms of Alzheimer's disease and other types of dementia; how Alzheimer's affects the brain; risk factors; diagnosis; stages of the disease; treatment; and hope for the future. Presented by the Alzheimer's Association Minnesota-North Dakota.

W June 17 1:00-2:00 Free

Documentary: Bill Cunningham New York – 2010 – 84 min

Living simply and using a bicycle to get around New York, 80-year-old New York Times fashion photographer Bill Cunningham tirelessly records what people are wearing in the city -- both out on the sidewalk and in the salons of the wealthy.

T June 23 1:00-2:30 Free

* AARP Smart Driver Course

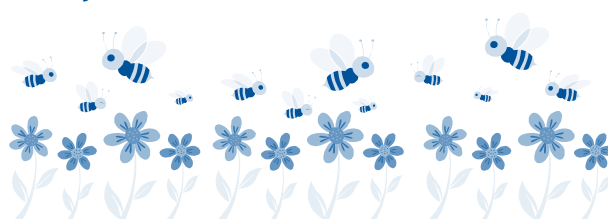
The four-hour refresher course is open to any licensed driver but focuses on those 50-plus. The refresher course covers information on laws that may be new or have changed since many participants got their licenses. Limited space – register early.

W June 24 11:00 – 3:00 (\$15 AARP Members/\$20 non-members)


* "Track Lighting": Improv Comedy Performance

Track Lighting, a 55+ improv group, began as an idea that was picked to play three shows at the Improv a-Go-Go featured at Huge theater. The idea was simple, we are all lights in the world and we could place ourselves where and when we choose. We met at community ed improv classes where our training began. Brave New Workshop hosted the classes and we trained at Huge Theater & Comedy Sportz in Minneapolis. Join us for this fun improv comedy performance!


T June 30 1:00-2:30 Free



April

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 – 11:00 Fitness Mix 12:30 – 2:30 Hearing Screenings	2 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 1:00 – 2:30 Advisory Board Meeting	3 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Saving Mr. Banks</i>
6 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	7 11:00 – 12:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month 1:30 – 2:30 Meet the Artist: A.K. Dayton	8 10:00 – 11:00 Fitness Mix 12:30 – 3:00 Bundles of Love	9 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 1:00 – 2:30 Sew Lovely	10 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>On the Town</i>
13 10:00 – 11:00 Fitness Mix 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	14 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation: Charles Mingus	15 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Senior Community Services	16 10:00 – 10:30 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	17 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Dark Passage</i>
20 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	21 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:00 Senior Housing Options	22 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Documentary: Man on a Wire	23 10:00 – 10:45 Yoga Stretch 11:00 – 3:00 Foot Care* 11:30 – 1:00 Lunch Bunch: Brasserie Zentral	24 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>World's Greatest Dad</i>
27 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	28 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Preventing Falls at Home	29 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Bingo! Sponsored by Walgreens	30 10:00 – 10:45 Yoga Stretch 11:30 – 11:45 Mat Yoga	

May

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Lust for Gold</i>
4 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	5 11:00 – 12:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month 1:30 – 2:30 Meet the Artist: Sonja Hutchinson	6 10:00 – 11:00 Fitness Mix 12:30 – 2:30 Hearing Screenings	7 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 1:00 – 2:30 Advisory Board Meeting	8 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Railway Man</i>
11 10:00 – 11:00 Fitness Mix 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	12 11:00 – 12:00 Chair Yoga & Balance 11:00 – 1:00 Older Americans Month Party	13 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Great Decisions: US Policy towards Africa	14 10:00 – 10:35 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Sew Lovely	15 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Lady Eve</i>
18 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	19 11:00 – 12:00 Chair Yoga & Balance 12:30 – 3:00 Bundles of Love	20 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Great Decisions: Brazil's Metamorphosis	21 10:00 – 10:30 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	22 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The War of the Worlds</i>
25 Closed for Holiday	26 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Ask the Pharmacist	27 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Great Decisions: Russia & Near Abroad	28 10:00 – 10:45 Yoga Stretch 11:00 – 3:00 Foot Care* 11:30 – 1:00 Lunch Bunch: FireLake Grill	29 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Nebraska</i>

June

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	2 11:00 – 12:00 Chair Yoga & Balance 12:30 – 1:30 Birthdays of the Month 1:30 – 2:30 Meet the Artist: Robert Jeffery	3 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Great Decisions: Sectarianism in Mid East	4 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 1:00 – 2:30 Advisory Board Meeting	5 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>And So it Goes</i>
8 10:00 – 11:00 Fitness Mix 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	9 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Jazz Appreciation: Bill Evans	10 10:00 – 11:00 Fitness Mix 12:30 – 3:00 Bundles of Love	11 10:00 – 10:45 Yoga Stretch 11:00 – 11:45 Mat Yoga 1:00 – 2:30 Sew Lovely	12 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>The Hundred Foot Journey</i>
15 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	16 11:00 – 12:00 Chair Yoga & Balance	17 10:00 – 11:00 Fitness Mix 1:00 – 2:00 Alzheimer's: The Basics & Beyond	18 10:00 – 10:30 Yoga Stretch 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	19 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>Nightmare Alley</i>
22 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	23 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Documentary: Bill Cunningham New York	24 10:00 – 11:00 Fitness Mix 11:00 – 3:00 AARP Driver Safety	25 10:00 – 10:45 Yoga Stretch 11:00 – 3:00 Foot Care* 11:30 – 1:00 Lunch Bunch: Ling & Louis	26 10:00 – 11:00 Walking Club 12:00 – 2:30 Movie - <i>A Single Man</i>
29 10:00 – 11:00 Fitness Mix 1:00 – 2:30 Catching Up on Current Events	30 11:00 – 12:00 Chair Yoga & Balance 1:00 – 2:30 Improv Group Performance			

Registration Form for Center Activities Only – No Trips

Name _____	Phone () _____	
Address _____	Apt. # _____	
City _____	Zip _____	
Class 1 _____	Fee _____	
Day _____ Date _____	Time _____	
Class 2 _____	Fee _____	
Day _____ Date _____	Time _____	
Check # _____	Fee Total _____	
Make Checks Payable To: Minneapolis Finance Department	Send To: UCare Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____

Registration is Easy

By Mail

For each class (NOT TRIPS), make out a registration form and check payable to the *Minneapolis Finance Department*. If two or more people are registering for the same class, one check may be used.

Mail registration materials to:

UCare Skyway Senior Center
950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

Please Refer to the Trips Section for Registration Instructions

By Phone

For Trips call 612-668-4828.

For Classes call 612-370-3869.

Monday-Friday, 9 a.m.-3 p.m., and have the class information ready. Classes that require advance payment, your registration will be confirmed once payment is received.

Cancellations

A minimum of 7 days is required prior to class date for full refund unless noted otherwise.

NO refunds on trips.

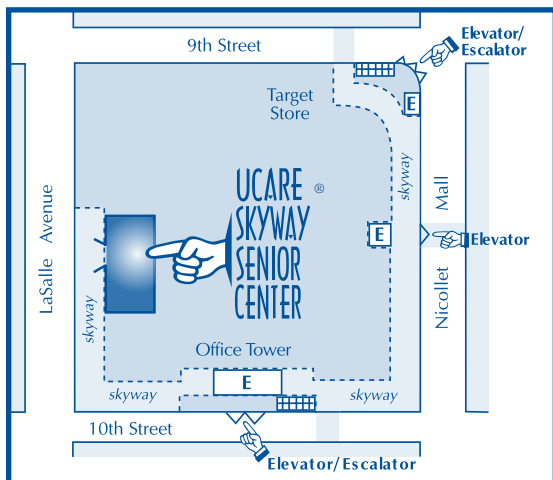
UCare Skyway Senior Center

950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

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If you **DID NOT** receive this newsletter in the mail and would like to, call 612-370-3869 and we will add you to our mailing list.

Map to UCare Skyway Senior Center



Published by the UCare Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.
E-mail: skywaycenter@minneapolismn.gov Website: www.minneapolismn.gov/seniors

How Do I Find the UCare Skyway Senior Center?

Location:

Our mailing address is 950 Nicollet Mall, Suite 290. We are located on the second floor, skyway-level of the building on the LaSalle Avenue side of the skyway. There is no street-level public entrance from LaSalle Avenue to the UCare Skyway Senior Center. Refer to map above.

Street-Level Entrances:

50 South 10th Street – This is the nearest street level entrance to the UCare Skyway Senior Center. Take the escalator or the elevator up to the skyway level. Follow the skyway west (toward LaSalle Ave.), turn right and walk to suite 290, The UCare Skyway Senior Center.

900 Nicollet Mall – This entrance takes you to the Target store. Go up the escalator to the skyway level (second floor). **The UCare Skyway Senior Center is not located in the Target store.** Once you get to the skyway level, follow the skyway all around the perimeter of the building heading south, west and north to suite 290, the UCare Skyway Senior Center. This is about a two-block walk.

Parking Ramp:

There is a municipal parking ramp in the building. The entrance is on LaSalle Avenue (a two-way street), between 9th and 10th Streets. Go to the public parking area (bear to the right). The Target guest parking area is straight ahead down the parking ramp. The Target guest parking rates are slightly higher than the public parking area. Once you have found a parking space, go to the 10th Street elevators through the yellow or blue door and get off the elevator at the skyway level. As you exit the elevator area, turn right. Follow the skyway west and north to suite 290, the UCare Skyway Senior Center.

Bus:

10th Street and Nicollet is the nearest bus stop for the UCare Skyway Senior Center. Use the 50 South 10th Street entrance. Follow instructions listed above for 50 South 10th Street. For bus schedule information, contact Metro Transit at 612-373-3333 or www.metrotransit.org

Parking Meters:

There are a limited number of parking meters on 9th Street, LaSalle Avenue and 10th Street. Cost is \$2 for one hour. Some meters have a two-hour limit.